

# SKILL-BUILDING PHYSICAL PLAY



# KIDS' ACTIVITY PYRAMID

READY... SET... GO PLAY!



**TURN  
OFF THE TV &  
GO OUTSIDE!**

Playing outside  
is a great way  
to be active  
and have fun.

## EXPLORE YOUR COMMUNITY

plan outings often

visit a park or playground

find a new trail to walk, ride or hike

visit a local farm or farmers' market

join a play group

go ice skating or sledding

visit a museum or library

participate in family events

check out community events

## BUILD YOUR SKILLS

aim for at least 60 minutes each day

running

jumping

chasing

hopping

crawling

climbing

rolling

tumbling

dancing

balancing

twisting

marching

bending

stretching

catching

throwing

kicking

dribbling

bouncing

swinging racquets

## PLAY EVERY DAY

aim for 60 minutes or more each day

go outside

take a walk

help around the house

ride your bike

help in the garden

make a fort to crawl in & around

rake leaves & jump in the pile

take care of pets (walk a dog)

pick up toys

help shovel snow

make a snow angel

invite a friend to play